

CACFP Food Safety Review



clean. separate.
cook. chill.

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Clean: Wash Hands and Surfaces Often

1. Always wash hands with warm, soapy water
 - before handling food
 - after handling food
 - after using the bathroom
 - after changing a diaper
 - after tending to a sick person
 - after blowing nose, coughing, or sneezing



Clean: Wash Hands and Surfaces Often

2. If your hands have any kind of skin abrasion or infection, always use clean disposable gloves.
3. Thoroughly wash with hot, soapy water all surfaces that come in contact with raw meat, poultry, fish, and eggs before moving on to the next step in food preparation



Clean: Wash Hands and Surfaces Often

4. To keep cutting boards clean:

- Wash them in hot, soapy water after each use
- Rinse and air or pat dry with clean paper towels
- Cutting boards can be sanitized with a solution of 1 tablespoon unscented, liquid chlorine bleach per gallon of water. Flood the surface with the bleach solution and allow it to stand for several minutes; then rinse and air or pat dry with clean paper towels.



Clean: Wash Hands and Surfaces Often

5. Serve cooked products on clean plates, using clean utensils and clean hands.
6. When using a food thermometer, it is important to wash the probe after each use with hot, soapy water before reinserting it into a food.
7. Keep household cleaners and other chemicals away from food and surfaces used for food



Separate: Don't Cross Contaminate

Cross-contamination is the transfer of harmful bacteria to food from other foods, cutting boards, utensils, hands, etc.



Separate: Don't Cross Contaminate

When Shopping:

Separate raw meat, poultry, and seafood from other foods in your grocery-shopping cart. Place these foods in plastic bags to prevent their juices from dripping onto other foods.

When Refrigerating Food:

- Place raw meat, poultry, and seafood in containers or sealed plastic bags to prevent their juices from dripping onto other foods.
- Store eggs in their original carton and refrigerate as soon as possible.



Separate: Don't Cross Contaminate

Cutting Boards:

- Always use a clean cutting board.
- If possible, use one cutting board for fresh produce and a separate one for raw meat, poultry, and seafood.

When Serving Food:

- Always use a clean plate.
- Never place cooked food back on the same plate or cutting board that previously held raw food.

When Storing Leftovers:

- Refrigerate or freeze leftovers within 2 hours or sooner in clean, shallow, covered containers to prevent harmful bacteria from multiplying.



Separate: Don't Cross Contaminate

Special Dietary Needs

- start with safe food-read labels

<http://www.foodallergy.org/section/shoppingselecting-safe-foods>

- use utensils and pans that are clean

- keep allergen-free meal covered and separate

- wash hands before preparation



Cook: To Proper Temperatures

USDA Recommended Safe Minimum Internal Temperatures

- Steaks & Roasts - 145 °F
- Fish - 145 °F
- Pork - 160 °F
- Ground Beef - 160 °F
- Egg Dishes - 160 °F
- Chicken Breasts - 165 °F
- Whole Poultry - 165 °F



Cook: To Proper Temperatures

How to use a food thermometer

- Place in the thickest part of the food
- Compare the thermometer reading to the USDA Recommended Safe Minimum Internal Temperatures
- Clean the thermometer with hot soapy water before and after each use



Chill: Refrigerate Promptly

Refrigeration

- Protect foods at 40 degrees and below
- Refrigerate small portions
- Prevent cross contamination by sealing or wrapping raw meat, poultry, and seafood.
- It is a good practice to store raw meats on the bottom shelf
- Don't store perishable foods in the door



Chill: Refrigerate Promptly

Storage Times for Refrigerated Foods

1-2 days

Ground beef, turkey, veal, pork, lamb

Fresh poultry

Fresh fish



Chill: Refrigerate Promptly

Storage Times for Refrigerated Foods

3-5 days

egg, chicken, tuna, ham, and macaroni salads

Cooked meat, poultry, or fish leftovers

Opened lunch meat packages



Chill: Refrigerate Promptly

Storage Times for Refrigerated Foods

Longer Storage

7 days-Smoked breakfast links/patties or bacon

7 days-Unopened hot dogs or lunch meats

3-5 weeks-Eggs (in shell)

2 months-Mayonnaise



Additional Tips: Use By/Sell By Dates

- Sell-by
- Best if Used by (or Before)
- Use-by
- USDA food product dating fact sheet:

[http://www.fsis.usda.gov/Fact_Sheets/Food Product Dating/index.asp](http://www.fsis.usda.gov/Fact_Sheets/Food_Product_Dating/index.asp)



Additional Tips: Shopping

- Purchase refrigerated or frozen items last
- Never choose meat or poultry in packaging that is torn or leaking.
- Keep packages of raw meat and poultry separate
- Make sure products are refrigerated as soon as possible



Additional Tips: Serving

- Hot food should be held at 140 °F or warmer.
- Cold food should be held at 40 °F or colder.
- Keep food hot with chafing dishes, slow cookers, and warming trays.
- Keep food cold by nesting dishes in bowls of ice or use small serving trays and replace them often.
- Perishable food should not be left out more than 2 hours at room temperature



Additional Tips: Leftovers

- Discard any food left out at room temperature for more than 2 hours
- Place food into shallow containers and immediately put in the refrigerator or freezer.
- Use cooked leftovers within 4 days.
- Meat and poultry defrosted in the refrigerator may be refrozen before or after cooking.



Special Guidance for Infants

- Keep formula-filled bottles cold until feeding
- Throw away formula left after feeding
- Do not microwave breast milk or formula
- Do not feed infants honey
- An opened jar of baby food should be refrigerated and used within 2 days



Special Guidance for Toddlers

Avoid foods such as...

- Food with pits
- Hard candies
- Nuts
- Grapes
- Peanut butter not served on bread or crackers
- Hot dogs cut lengthwise



Recognizing a FoodBorne Illness

- Diarrhea
- Vomiting
- Nausea
- Cramps
- Weakness



In Case of Suspected Foodborne Illness

1. Preserve the evidence
2. Seek treatment if necessary
3. Call the local health department



Food Safety Educational Materials

- USDA Food Safety and Inspection Service's materials-
http://www.fsis.usda.gov/Food_Safety_Education/food_safety_education_programs/index.asp?src_location=content&src_page=FSed
- Food Safety Fact Sheets-
http://www.fsis.usda.gov/Fact_Sheets/index.asp
- Materials for Kids-
http://www.fsis.usda.gov/Food_Safety_Education/For_Kids_&_Teens/index.asp



Resources

- USDA Food Safety and Inspection Service- www.fsis.usda.gov
- Indiana Food Protection Program- www.in.gov/isdh/20640.htm
- Department of Health and Human Services- www.foodsafety.gov
- Centers for Disease Control and Prevention- www.cdc.gov/foodsafety
- Fight BAC- www.Fightbac.org
- Food and Drug Administration-
<http://www.fda.gov/Food/FoodSafety/default.htm>
- 2010 Dietary Guidelines for Americans-
<http://www.cnpp.usda.gov/DietaryGuidelines.htm>



Questions?

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